



Spiritual practice: Emotional growth during Covid-19

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This spiritual exercise aims to help us make the best of the Covid-19 crisis, including working through any feelings of anxiety, uncertainty and stress we may experience. It is about moving from merely coping to growing during this time.

Instructions

1. Spend some time exploring how you feel. What's going on inside you? How does your body feel? In what ways is how you feel different from normal? Don't judge or try to control these feelings. To start with, try to embrace, welcome or accept them. You might find it helpful to explore your emotions by journalling or drawing.
2. Try to establish a regular pattern (ideally daily) of reflecting on how you're feeling.
3. If it seems appropriate or helpful, consider sharing these feelings with a friend, family member, church leader or spiritual director. (Depending on your context, this may need to be done virtually rather than face to face.)
4. Write down, every day, two or three things for which you are grateful.
5. Take advantage of this time to slow down: do things on your 'bucket-list'. If you're at home with loved ones or housemates, make the most of this increased special time together; consider learning a new skill or taking up a new healthy hobby.
6. Trust that things will get better. There is much that we don't know about the virus and what the future will be like. But even as we acknowledge the significance of the present moment, we do know that this current situation is not permanent. This time will pass.

